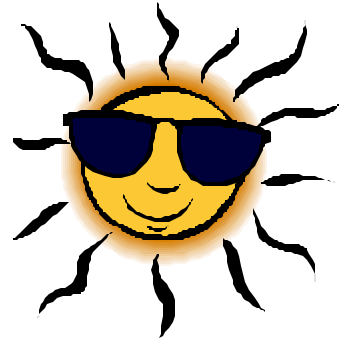


Summer Safety Tips

Ah, SUMMERTIME! Months filled with more hours outdoors, lots of great exercise and health benefits, opportunities to create special memories . . . **and increased risks for children** that unfortunately go hand-in-hand with the best of the season. These must be taken seriously, but as long as we are aware of the risks and follow proactive measures, we can keep summertime a safe time for the children in our care.

The following links will help you get full enjoyment from summertime while preventing harm to children.

- Check this site from the [North Carolina Department of Environment and Natural Resources](#) for daily reports on ozone levels in your part of the state.
- This compelling article from [The National Safe Kids Campaign](#) spells out in detail the dangers when children are left alone in hot cars. Overheating can cause death within even very short periods of time.
- The [American Academy of Pediatrics](#) offers summer safety tips on many topics (swimming, sun, heat stress, bugs, bikes, scooters, boats, lawn mowers, fireworks and more). Each topic links to a more detailed discussion.



- Safe use of insect repellent for children is a special concern in the summer months due to the diseases carried by ticks and mosquitoes. The [Centers for Disease Control](#) addresses the issues with clear information and suggestions. Some additional resources are linked to this article.
- The [National Resource Center for Health and Safety in Child Care](#) has multiple links to summer safety tips, including some in Spanish.
- [Prevent Child Abuse North Carolina](#) encourages all parents and caregivers to take extra measures to ensure proper supervision of children this summer and throughout the year.
- [DHHS press release](#): Hot Cars and Kids are a Deadly Combination - cautions and safety tips from the State Health Director.

